



Lose weight. Start today!

You can achieve improved fitness and health all year long, starting today. Get support in making a positive impact on your physical and mental health.

- ▶ Zoom in on your target weight and set a weight loss goal with our ideal body weight calculator.
- ▶ Get the skinny on how to drop extra pounds with easy-to-follow diet and exercise plans.
- ▶ Jump start your healthy lifestyle with discounts on weight management programs available through our health discount program.


Log on to **myuhc.com[®]**



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